

## Women's Rides

### Volunteer Responsibilities

#### Ride Volunteers

- ✓ You must check the map for the group you are volunteering for, and familiarize yourself with the route. Maps are always attached to the email sent out before the ride.
- ✓ You must carry a cell phone and carry the phone numbers of the sag driver and ride leaders, which are handed out at the start of the ride
- ✓ You must be encouraging to other riders in your group. We want to encourage riders of ALL ages, ALL abilities and with any type of bike, to ride with us. Help make the ride a positive experience for all!
- ✓ You must obey the rules of the road. Never ride more than 2 abreast and only when it is safe to do so. If there is a shoulder on the road, you must ride within the lines of the shoulder. If you see other riders riding more than 2 abreast, ask them to "skinny up"! Remember that as a volunteer you are a role model for others in the group!
- ✓ If you encounter a rider with a flat or one in distress, stop and offer assistance, even if it means just making a phone call to the sag driver to pick them up.
- ✓ If you are the sweep for your group, you should accompany the last rider in the group all the way to the finish. This means that you will ride at a slower pace than you normally do.
- ✓ If you are the lead for your group, set a reasonable pace for the group to follow. Stop mid-way to allow a break and to let the others in the group catch up. If others in the group are faster and want to go ahead, make sure they know the route and let them go!

#### Sag Driver

- ✓ Should be able to fit at least one bike and one rider in your vehicle, in case of a breakdown or an accident.
- ✓ Familiarize yourself with the 3 routes from the map provided. You can't follow all 3 groups, so plan your route accordingly. Make sure you meet the sweeps from each of the 3 groups before the ride starts, so you know when you are at the back of a group.
- ✓ Carry a cell phone and get the phone numbers for the ride leaders.
- ✓ Carry a floor pump and the bag with the spare tubes and tire levers (we will provide). If there is a flat and you are able to assist, please do so. If you are not able to change the tire, offer the pump to the person with the flat and if they are unsuccessful in changing it alone, please offer them a ride to the finish.
- ✓ Be available until all 3 groups have arrived at the finish. You will know so when you see that each of the 3 sweeps are back.